

IN WOMAN'S REALM

thin in de siecle rowing jacket
es the statement that the loose front
never go out of fashion. The loose
and jacket besides being comfortable
and the fact that all the Henley
is now show this design makes it
more popular.



these few have money in abundance and
know no stint in any direction. I wish
somebody who has nothing more pressing
to do would try the fastening powers of
the button-plenty of the latter, please,
and let me know the result. It would
be a much easier remedy than olive
oil, which I know will produce fat when
used regularly and by the spoonful. Cod
liver oil will do it, too, and it can be
taken in a form which prevents you from
tasting it. I know one drug firm that
puts it up in flexible capsules, by per-
sonal order, and I fancy any other up-
to-date druggist will do the same. There is
no patent on the process and no secret
about it.

Meals for a Day.
BREAKFAST.
Fruit.
California Wheat, Cream.
Broiled Tenderloin.
French Fried Potatoes.
Maple Syrup. Cafe au Lait.
The Post.

LUNCHEON.
Cold Ham, Pickles, Water.
Watermelon or Ice.
Iced Tea.
DINNER.
Consomme over soup.
Soft-shell Crabs, Potato Chips.
Celery, Olives.
Roast Veal, Mushroom Sauce.
Lettuce Salad.
Queen's Pudding, Roquefort.
Cafe Noir.

THE FEMINE OBSERVER.

What women say men do.
Much doing is not important as well
doing it.

It is not what we earn but what we save
that makes us rich.

The theory of charity is always right,
the practice is often wrong.

He who can suppress a moment's anger
may prevent a day of sorrow.

Troubles spring from idleness and grievous
ills from needless cares.

A woman never minds a made-over dress
so long as it is made over.

The man whose losses would make de-
sperate good luck would make equally so.

A spendthrift is like a tub without a bot-
tom knocked out—he takes all that comes
and holds nothing.

Your word is your servant so long as
you retain it, but it becomes your master
when you suffer it to escape.

He who is ashamed of the pedigree he
got from his father never is going to leave
one that his children can brag of.

Read and butter have always been re-
spected as the staff of life, although we are
to neglect it for less simple food. There
but few families where bread plays the
important part, but let me tell you that

THE FIELD OF SPORT.

Alexandra Won the 2-Year-Old Event at
Brighton.

AR SWEET GOT HER FIRST RACE.

Turner Beat Lady Carzon at
Five Furlongs—Entries
For Today.

New York, July 13.—The chief event on to-
day at Brighton Beach was the Windsor
card for 2-year-olds at five furlongs, in
which Alexandra won the favor and Val-
anced second. At the fall of the flag Kil-
andra took the lead and never relin-
ished it, winning easily.

Time 1:34.5.
One mile—Bannockburn, George Keene,
New York, 1:34.5.
Five and a half furlongs—Prejudice, Lady
as, Flower of Gold, Time 1:30.4.
One mile—Bannockburn, George Keene,
New York, 1:34.5.

Three furlongs, 2-year-olds—Maribeth, Trum-
Midwood, Knight Banner 112, Montague
113, Time 1:24.5.

Five furlongs, selling—Emkare 107, Land-
108, Arthur 98, Aurora 98, Fairy Dale 97,
106, 105, 104, 103, Belle of Erin,
102, 101, 100, 99, 98, 97, 96, 95, 94, 93,
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